



“Chick-Chick” Salad

Serves: 4 people

Preparation Time: 15 minutes

Ingredients:

- ♣ 3/4 cup water
- ♣ 1/2 tsp curry powder
- ♣ 2/3 cup couscous
- ♣ 1 cup cubed cooked chicken breast (about 1/2 lb boneless, skinless)
- ♣ 1-1/2 cups cooked (1/2 cup dry) or 1 can (15 oz) garbanzo beans, drained
- ♣ 1/2 cup chopped red cabbage
- ♣ 1/4 cup thinly sliced celery
- ♣ 1/4 cup plus 2 Tbsp fresh orange juice
- ♣ 1 tsp. grated orange rind
- ♣ 2 tsp. olive oil
- ♣ 1/4 tsp. pepper

Directions:

In a medium saucepan, bring water, salt, and curry powder to a boil; stir in couscous. Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Add chicken, garbanzos, cabbage, onions, and celery. Combine orange rind, orange juice, olive oil, and pepper in a small bowl; stir with a wire whisk until blended. Add to couscous mixture; toss well. Serve immediately or chill.

Cups of Fruits and Vegetables Per Person: 0.5

Nutrition:

Nutrition Facts	
"Chick-Chick" Salad	
Serving Size 1/4 salad	
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Amount Per Serving	
Calories 290	Calories from Fat 45
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% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 30mg	10%
Sodium 45mg	2%
Total Carbohydrate 41g	14%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 20g	
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Vitamin A	4%
Vitamin C	35%
Calcium	6%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Fruit: 0
Vegetables: 0
Meat: 2
Milk: 0
Fat: 1
Carbs: 2
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Source:

California Dry Bean Advisory Board

*recipe from www.fruitsandveggiesmatter.gov